

## CHAPTER 1

### INGREDIENTS and STAPLES:

#### 1. Eggs:

We use eggs a great deal in our recipes. As such they are a “staple” ingredient in cooking the Bond Effect way. Contrary to common prejudice, eggs are a natural and healthy component of human nutrition. Fears about their cholesterol content are entirely misplaced: the body handles it in a healthy way. However, always choose eggs that are “omega 3 rich”. They have a much better fatty acid profile: the omega-6 to omega-3 ratio is excellent. In addition, choose eggs from free-range hens that have been allowed to lead healthy, sanitary lives, free of antibiotics (often labeled ‘organic’).

**Raw Eggs:** In the last 20 years our food chain has become so polluted that raw battery hens’ eggs are now considered a health hazard. The good news is that *organic* raw eggs are much safer. This is important in the case of *raw* eggs, which we use in just one recipe, Chocolate Mousse. Healthy people will have immune systems that cope well with the naturally occurring microorganisms present in eggs. However immune-compromised persons are nowadays obliged to avoid raw eggs.

#### 2. Oils:

**For cooking,** we recommend that you only use olive oil. It has better heat resistance than omega-3 rich oils like Canola. Always use oils frugally. Think about using an olive oil spray. Learn to sauté with very little oil. See “Stir-Fry and Sautéing” later.

**For cold uses** such as salad dressing, use the omega-3 oils, for example Canola oil (organic, cold pressed), walnut oil (from raw walnuts) or flaxseed oil.

#### 3. Vegetables:

Leave the peel on whenever practicable. Frozen vegetables are often fresher than the so-called fresh vegetables in the supermarket and make a perfectly acceptable alternative. The quality of fresh vegetables is more variable, so the cooking times can vary from those shown in the recipes. The weight of vegetables shown is gross, before cleaning and trimming. The portions of vegetables are larger than you are used to. It is always better to use *organic* fruit and vegetables if you can. But if you can’t, don’t let that stop you using regular ones.

#### 4. Salads:

Don’t forget that a salad can make an excellent meal in itself. It is also a good standby when eating out. Take plenty of mixed salad vegetables together with *one* of the following: salmon, tuna, chicken breast, turkey breast, eggs, etc...

Make your own salad dressings (see recipe) using one of the “good” omega-3 oils (see “oils” above).

#### **5. Tomatoes:**

To ‘seed’ tomatoes, cut them in quarters and carefully squeeze out the pips and juice.

#### **6. Herbs and Spices:**

Use fresh plants wherever possible. Cut the leaves up with scissors as necessary. Pepper, cumin and coriander (for example): get a mill and use fresh ground spices whenever possible.

#### **7. Dark, High Cocoa Mass Chocolate:**

Some of the recipes call for chocolate. It must have a minimum of 70% cocoa solids. If you cannot find it then instead use:

4 oz bittersweet chocolate, minimum 50% cocoa solids, and  
3 oz unsweetened baking chocolate, 100% cocoa solids.

#### **8. Salt:**

Many of the recipes suggest using salt “to taste”. We urge you to keep this added salt to a minimum (the purist will not add any). You will find that, as you retrain your taste-buds, smaller amounts of salt have just the same powerful effect.

Instead of salt learn to use herbs to flavor your food. Lemon juice can give a similar taste sensation to salt. Garlic is good for this too. Mustard is great to give a kick to vinaigrette.

#### **9. Almond (and other tree nut) Milk and Almond Cream (also called “Almond Butter”):**

Note: in many countries, including the European Union, the terms “milk” and “cream” can only be used for dairy products “secreted by milk glands and obtained by milking”. However, in the United States, there is no such restriction on these terms.

We use almond milk and almond cream in a number of recipes. It takes the place of cow (or soy) milk and cream, both of which we need to avoid. Almond milk and almond cream (or almond “butter”) are commercially available but do read the labels carefully to avoid those brands that are loaded with added sugars.

Alternatively, you can make your own almond milk or cream. Either buy blanched almonds or blanch raw almonds to remove the skins. Then soak them overnight and pulp them, with the liquid, in a food processor. Add water to obtain the consistency desired.

You are not restricted to just almond products, most other tree nuts will do. Hazelnut or cashew milk and cream, for example are commonly available. (Often the cream is called “butter”). However, the milk and cream of coconut are *not* recommended.

### **10. Almond Meal (or Almond “Powder”, or Almond “Flour”):**

We use almond meal in a number of recipes to replace wheat flour. As such almond meal is a “staple” ingredient for eating the Bond Effect way.

Most supermarkets and health food stores sell almond meal, often in the cookery section. Depending how fine the almond is ground up, so the measure by the cup can sometimes represent a greater or lesser amount in ounces.

Alternatively it is child’s play to make your own almond meal simply by grinding raw, unsalted almonds in a food processor.

As with almond milk above, you can find (or make), a nut-meal from most other kinds of tree nut, particularly hazelnut and cashew.

### **11. Cheese:**

Dairy products are generally to be avoided in ideal human nutrition. Of all the various dairy products, cheese is perhaps the least bad. Some of our recipes use small, condiment quantities of cheese for flavor. However, the purist will leave it out.

### **12. Cauliflower Base as Thickener:**

In conformity with the Bond Effect principles, we avoid the use of grain flour for thickening. A useful trick is to use cauliflower purée instead. See the recipe for Cauliflower Purée and how to use it in, for example, the recipe for New England Clam Chowder.

### **13. Ingredients of Animal Origin:**

In accordance with the principles of the Bond Effect, a serving of fish, poultry or meat should not exceed 5 ounces.

### **14. Cooked fruit:**

Fruit in general is to be avoided at the end of a meal. However, fruit which has been cooked or dried loses its ability to cause digestive upsets and most people can safely consume it at the end of a meal. For this reason, our dessert recipes sometimes include ingredients like raisins or cooked banana.

### **15. Vegetable Broth or Juice:**

Some our recipes, notably soups, call for vegetable broth. If you cannot find it then vegetable juice will do instead. Always go for a low salt version.

You can also make your own vegetable juice by liquidizing your own selection of raw vegetables.

### **16. Game Meats:**

We use game meats such as venison in some of our recipes. Because they conform to the Bond Effect criteria, they are rather different in nature from farm meats like beef and pork. Game meats are very low fat (less than 4%), and particularly it has no fat within the muscle fibers (as seen as “marbling” in farm meat). For these very good reasons, venison, and most other conforming game meats, are best tenderized by marinating for 24 hours. We give the instructions in the recipes.

### **17. Nutritional Yeast Flakes:**

Yeast is popular with the health conscious, where it is often referred to as "nutritional yeast". It comes in the form of flakes, or as a yellow powder and can be found in the bulk aisle of most natural food stores. Because it has a nutty, cheesy, creamy flavor we use it in a few of our recipes for its flavor and thickening properties. It is also a good source of nutrients, particularly B vitamins.

## **EQUIPMENT**

### **1. Ovens:**

Both conventional ovens and microwave ovens (650 watt) have been used in the recipes.

### **2. Receptacles:**

Because you are now preparing large volumes of plant foods, scale up your ideas of receptacle size. Procure really large salad bowls, mixing bowls, woks and pans.

## **COOKING TECHNIQUES**

### **Stir-fry or Sautéing:**

Stir-fry is a frequently used 'healthy' cooking method. It may come as a surprise to know that traditional Asian stir-fry doesn't use oil at all. Chinese cooking just uses a couple of teaspoons of water. This is the ideal for us too but it is fine to use a tablespoon (or less) of olive oil. We give quantities in the recipes.

### **Oil and Water Stir-fry method:**

Try this quick (5 minute) method of cooking vegetables. It starts by steaming and finishes by sautéing. Many vegetables soak up oil and this method greatly reduces the quantity of oil absorbed. Put 1/4 inch of water into a large saucepan. Add the vegetables. (If they are frozen they might not need any water at all.) If you like, add a clove of sliced garlic and a bay leaf or a pinch of oregano. Add a teaspoon or two of olive oil according to volume of vegetables. Cover tightly and cook on a high heat. Stir occasionally. The vegetables cook fast, partly by boiling and partly by steaming. After three or four minutes, remove the cover and “stir-fry” with a wooden spoon or spatula until all the liquid has evaporated. Continue until the vegetables are tastily browned on the outside. Do not overcook – this is

a quick process – all done in 5 minutes. The vegetables should still be crunchy and be a beautiful golden brown. Always use plenty of herbs.

This is a healthy way of cooking: the vegetables are done quickly and gently in their own steam.

### **Oil and Water Roasting Method:**

This is a sister method for *roasting*. It is much less aggressive than normal roasting, yet gives a delicious roast-like look and flavor.

Prepare the vegetables for roasting and put them in a roasting tin. Lightly coat them with olive oil and put them in the middle of the preheated oven. Now for the new part. Take a baking tray, half fill it with water (about ¼ inch), and place it in the bottom of the oven. Cook at the normal temperature for that dish (around 400°F, 200°C). What happens is this: the water in the tray starts to boil and make steam. The dish is partly steamed and partly roasted. It cooks in about half the normal roasting time and the vegetables come out a lovely golden color.

Despite the high oven temperature setting, since water boils at only 212°F (100°C), the temperature of the oven is forced *lower*. Because of the lower temperature, the vegetables are cooked more gently. They are also cooked more quickly in the *steam*. For these two reasons, they retain more of their nutrients.

### **Sautéing Onions:**

Many recipes call for onions to be gently cooked but not browned. This is the way to do it: Heat 1 tablespoon of oil in a non-stick saucepan (or use olive oil spray). Sauté the onion briefly on medium-high heat. When they start to stick, add some water and cook covered, on low heat. Once in a while, as they dry out, add a little water, to allow the onion to get a very soft consistency. But don't let them brown. If you have frozen onion, the excess liquid needs to be driven off. Sauté the onion without oil, until the juices have evaporated. Then add the oil and proceed as mentioned above.

### **Button Mushrooms:**

Place the sliced mushrooms in a frying pan without any oil or water. Put on a high heat and stir fry vigorously for a few minutes until they suddenly soften and release their juices. Reduce the heat and add a little olive oil. Optionally, add a little garlic, lemon juice, and parsley.